[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Norovirus is highly contagious and can cause severe vomiting and diarrhea. Nearly one in 15 people in the U.S. gets sick from norovirus each year and up to 800 die. The virus is usually transmitted from person-to-person or through contaminated food. Norovirus is the leading cause of disease outbreaks from contaminated food.

To help prevent norovirus outbreaks, wash your hands often with soap and water for at least 20 seconds and thoroughly clean surfaces. Also, if you are vomiting or have diarrhea, don't prepare food for others for at least 48 hours after your symptoms are gone.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.